

# PRESCHOOL/YOUTH

## SOCCER BUDDIES

Age: 3 (parent participation required)

Learn the exciting game of soccer with your child! Learn, "the ball is your friend" as we explore the beginning techniques of dribbling, passing, and trapping. Attention is also given to the basic warm-up and stretching techniques, as well as body coordination. Bring your own soccer ball.

March 28 - May 30 (No class April 11 and May 23)

**414330 A1** - S - 8:30 a.m. - 9:00 a.m.

April 4 - May 23

**414330 B1** - S - 9:10 a.m. - 9:40 a.m.

Fee: R \$92 / \$115 - Eight classes (parent and child)

## SOCCER STATION 3-4

Ages: 3 - 4

An action packed class designed to help children develop basic skills. Dribbling and passing are practiced as well as marking, shooting, and ball control. Bring your own soccer ball and wear shin guards! Parents may observe the last class only.

March 28 - May 30 (No class April 11 and May 23)

**414331 A1** - S - 9:50 a.m. - 10:20 a.m.

**414331 B1** - S - 10:30 a.m. - 11:00 a.m.

Fee: R \$100 / NR \$125 - Eight classes

## SPORTS AND GAMES FOR KIDS-PEP (Physical Enrichment Program)

Ages: 4 - 6

**Instructors: Helen Petrakes and Chris Kurtzman**

The focus of this program is to teach children the fundamentals of team sports such as soccer, basketball, baseball, hockey, and volleyball in a safe, fun environment. Children have the opportunity to release some energy and socialize with other children. Values such as sportsmanship, teamwork, sharing and consideration of others will be stressed in this class.

**Please bring a water bottle to class.**

March 12 - April 23 (No class April 9)

**404706 A1** - TH - 9:45 a.m. - 10:45 a.m.

March 11 - April 22 (No class April 8)

**404706 B1** - W - 1:30 p.m. - 2:45 p.m.

March 12 - April 23 (No class April 9)

**404706 C1** - TH - 1:30 p.m. - 2:45 p.m.

Fee: R \$90 / NR \$112 - Six classes

May 7 - May 27

**404706 D1** - TH - 9:45 a.m. - 10:45 a.m.

May 6 - May 27

**404706 E1** - W - 1:30 p.m. - 2:45 p.m.

May 7 - May 28

**404706 F1** - TH - 1:30 p.m. - 2:45 p.m.

Fee: R \$60 / NR \$75 - Four classes

## CHILDREN'S DANCE

These classes can help improve coordination and agility. In ballet children learn basic ballet positions and movements aiding coordination, balance, perception and flexibility. Classes progress in floor work and bar exercises depending on the level of children's abilities. Soft-soled ballet slippers are needed for the appropriate class. Please label all equipment with the child's name and telephone number. Children who cannot be a cooperating member of the class may be asked to discontinue until they are older.

## KINDERTOTS MOMMY AND ME

**Age 2-3**

A pre-Kinderdance program designed for young children to participate with their parents in an active learning environment. Creative movement, gross motor skills and body awareness are developed while learning colors, numbers, shapes and songs. Children that cannot be a cooperating member of the class may be asked to withdraw until they are older.

April 15 - June 3

**Age 2**

**403371 A1** - W - 10:00 a.m. - 10:30 a.m.

**Age 3**

**403371 B1** - W - 10:45 a.m. - 11:15 a.m.

Fee: R \$64 / NR \$80 - Eight classes

## BALLET

Fee: R \$72 / NR \$90 - Eight classes

### BALLET 3

April 14 - June 2

**408100 A1** - T - 3:40 p.m. - 4:20 p.m.

April 18 - June 13

(No class May 23)

**408100 D1** - S - 10:00 a.m. - 10:40 a.m.

### BALLET 3 AND 4

April 15 - June 3

**408100 B1** - W - 4:00 p.m. - 4:40 p.m.

### BALLET 4

April 14 - June 2

**408100 C1** - T - 4:30 p.m. - 5:10 p.m.

### BALLET 4 AND 5

April 18 - June 13

(No class May 23)

**408100 E1** - S - 11:00 a.m. - 11:40 a.m.

### BALLET 5-7

April 15 - June 3

**418100 A1** - W - 5:00 p.m. - 5:40 p.m.

## UK ELITE SOCCER - ELITE PETITE

Ages 3 - 5

A fun introduction to the world of soccer for 3, 4, and 5 year olds. The curriculum is based on a games-based approach to teaching soccer within a fun, learning-maximizing activity environment. Activities are fantasy-based involving role playing and are designed to maximize the number of touches each player has on the ball with their feet! Each child receives attention in a small group setting from one of U.K. Elite Soccer's professional British coaches. Parents are encouraged to stay and join in the fun!

April 16 - May 21

**416330 A1** - TH - 11:00 a.m. - 12:00 p.m.

**416330 B1** - TH - 1:00 p.m. - 2:00 p.m.

Fee: R \$95 / NR \$118.75 - Six sessions